

*Maryland Department of Health and Mental Hygiene
Prevention and Health Promotion Administration
Center for Sexually Transmitted Infection Prevention
2013 STI UPDATE
June 5, 2013*

Toward a Science of Adolescent Sexual Health

J. Dennis Fortenberry MD MS
Indiana University School of Medicine
Indianapolis IN USA



Riley Hospital for Children
Indiana University Health



SCHOOL OF MEDICINE
INDIANA UNIVERSITY

Why a science of adolescent sexual health is important

- Definitions are difficult to operationalize
- Enduring belief in the value of empiricism
- Data as an anodyne to deception
- Nagging feeling that exclusive public health focus on sexual risk is harmful

Sexual Risk Prevention as an STD Prevention Strategy

Sexually Transmitted Diseases Treatment Guidelines, 2010

- **education and counseling of persons *at risk* on ways to avoid STDs through changes in sexual behaviors and use of recommended prevention services;**
- identification of asymptomatically infected persons and of symptomatic persons unlikely to seek diagnostic and treatment services;
- effective diagnosis, treatment, and counseling of infected persons;
- evaluation, treatment, and counseling of sex partners of persons who are infected with an STD; and
- pre-exposure vaccination of persons at risk for vaccine-preventable STDs.

A contrast of sexual health and sexual risk prevention paradigms

a study of heterosexual anal sex

[Women] engaged in anal intercourse for a wide variety of reasons: to experience ***physical pleasure, enhance emotional intimacy, please their male partners or avoid violence.*** ...

Among reasons women cited for not using condoms were familiarity with their partner and feeling that condoms made anal sex less pleasurable. ***Knowledge of HIV and STD risks did not appear to encourage condom use.***

Differences of adolescent and adult sexual health

- Sexual freedoms and rights typically restricted for people under age 18
- Restricted access to sexual health information and sexual health services
- Limited access to sexual health research, including clinical trials
- Developmental changes in organization and meaning of sexuality and sex

What is Sexual Health

World Health Organization

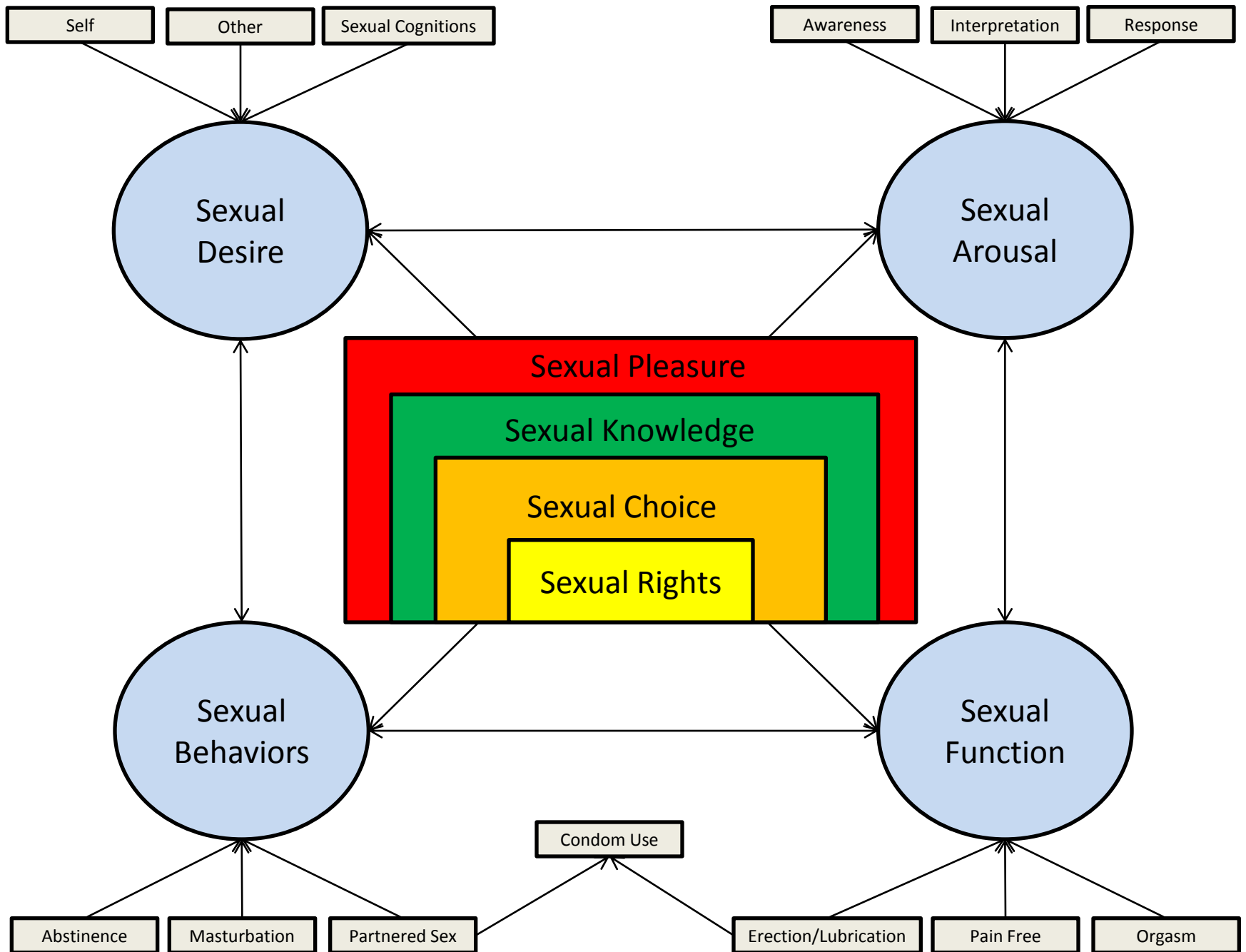
A state of physical, emotional, mental and social well-being related to sexuality

Not merely the absence of disease, dysfunction or infirmity

Requires a positive and respectful approach to sexuality and sexual responses

(includes) ...the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence

Sexual rights of all persons must be respected, protected and fulfilled



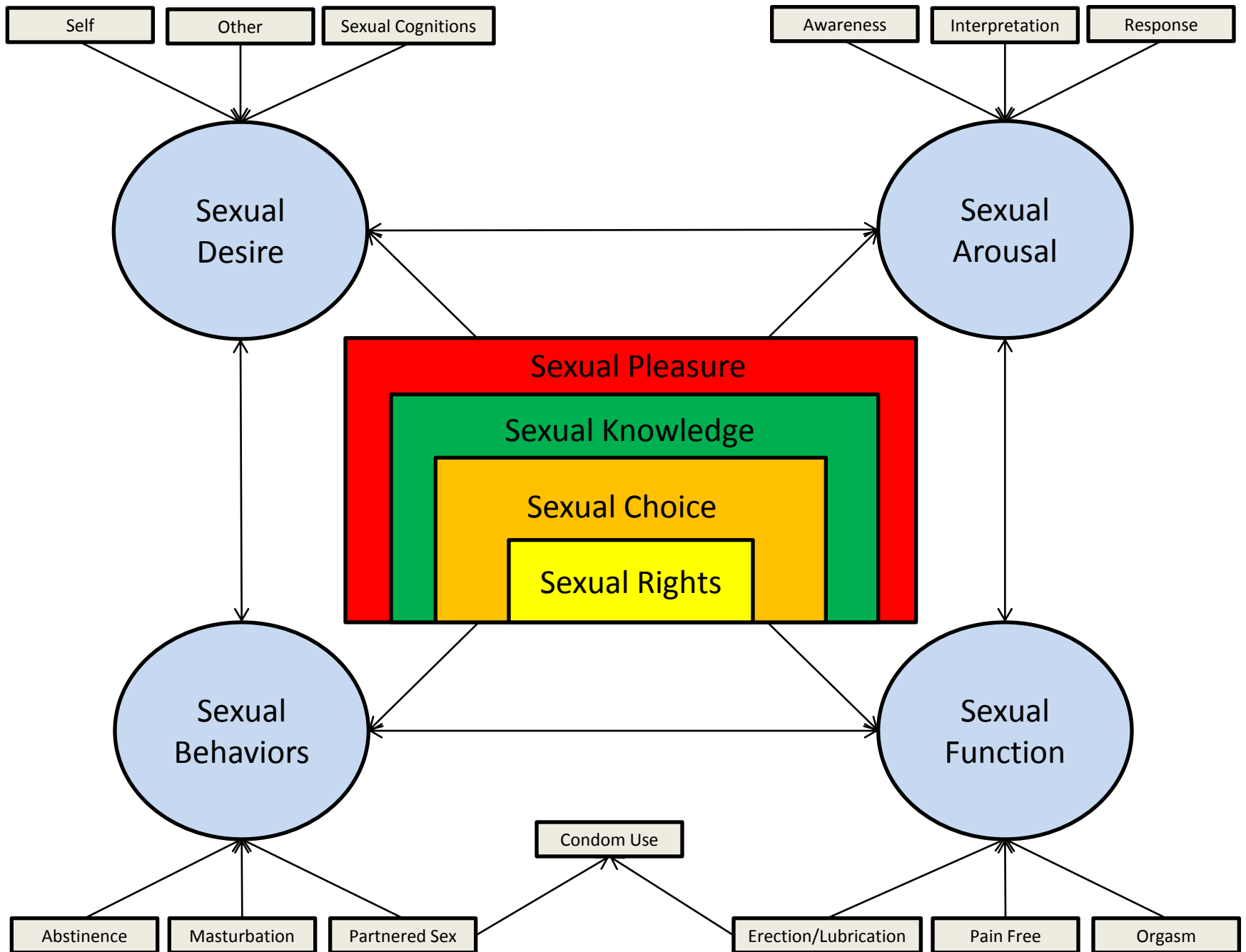
Developmental assets and sexual pleasure

Developmental asset	Regularity of Orgasm	Like receiving oral sex very much	Like performing oral sex for partner
Autonomy	.33*	.14*	.20*
Self-Esteem	.38*	.35*	.45*
Empathy	.28*	.24*	.17*

p<0.05; numbers are log odds increase per unit of increase in developmental asset

Sexual knowledge, sexual self-esteem, and sexual self-efficacy

	Beta
Gender – female	0.22*
Race - African-American	-0.05
Coital debut	-0.03
Sexual Knowledge	0.16*
Sexual Self-esteem	0.25*
Sexual anxiety	-0.69



Sexual rights are human rights related to sexuality

Sexual Rights: An IPPF Declaration, 2008

- **Article 1** - Right to equality, equal protection of the law and freedom from all forms of discrimination based on sex, sexuality or gender
- **Article 2** - The right to participation for all persons, regardless of sex, sexuality or gender
- **Article 3** - The rights to life, liberty, security of the person and bodily integrity
- **Article 4** - Right to privacy
- **Article 5** - Right to personal autonomy and recognition before the law
- **Article 6** - Right to freedom of thought, opinion and expression; right to association
- **Article 7** - Right to health and to the benefits of scientific progress
- **Article 8** - Right to education and information
- **Article 9** - Right to choose whether or not to marry and to found and plan a family, and to decide whether or not, how and when, to have children
- **Article 10** - Right to accountability and redress

There is no sexual health without
sexual justice

*There is no sexual justice without
sexual rights*

A sexual health perspective on partnered sexual behaviors

there's more to sex than penis/vagina

- Kisses
- Caresses
- Coitus et cetera
- Clean-up
- Cuddles

Kissing and other sexual behaviors at last sex, gay and bisexual men, ages 18-24

Behavior	Gay Identified Men, % N=3,118	Bisexual Identified Men, % N=695
Kissed on mouth	83	76
Gave oral sex	77	76
Received oral sex	75	77
Masturbated partner	76	75
Held partner romantically	70	60
Receptive anal intercourse	43	36

Rosenberger et al *J Sex Med* 2011

Vibrator use among American men & women

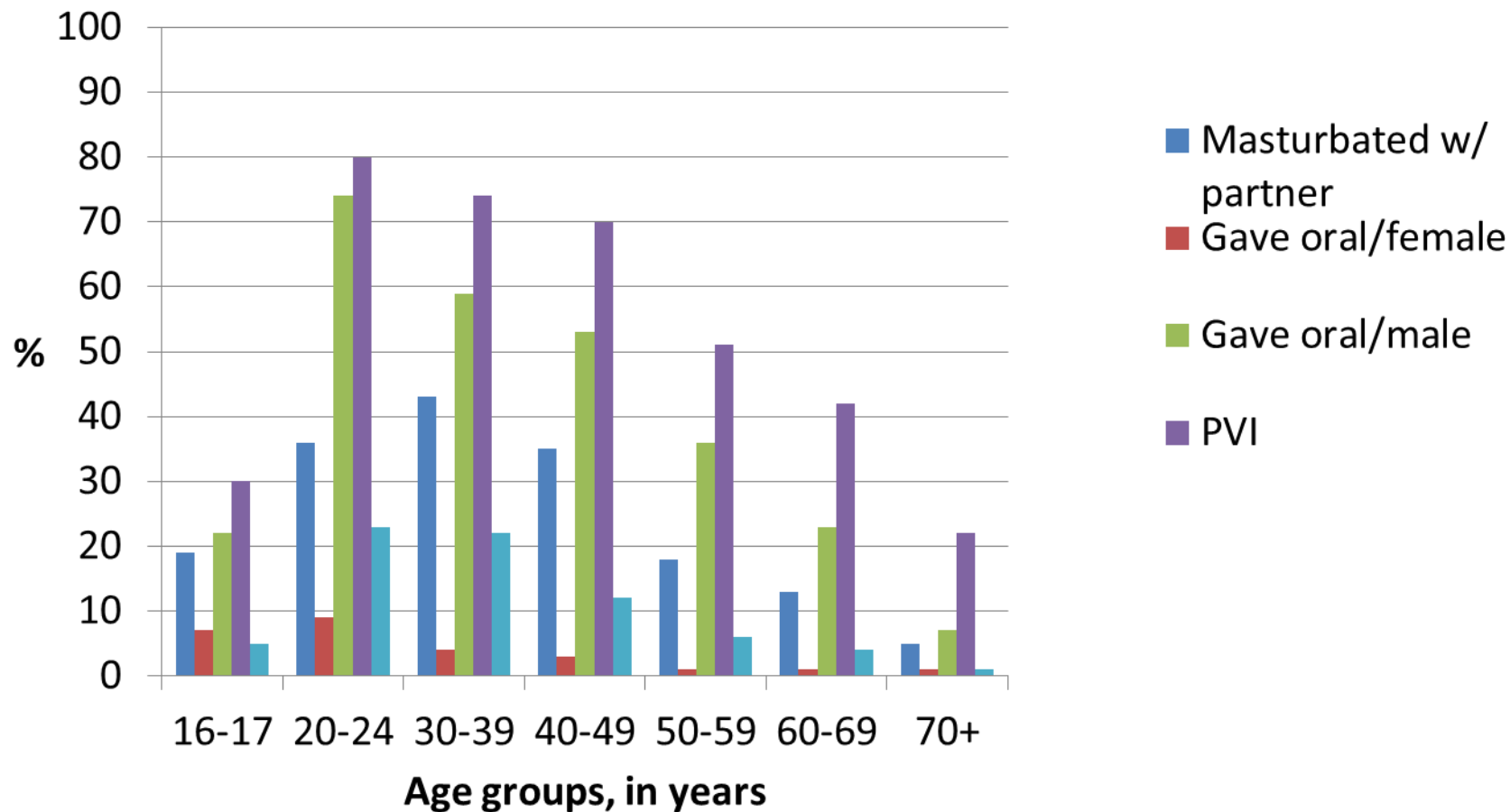
	Men, % (N=1,047)	Women, % (N=2,056)
Masturbation	17	46
Coitus	36	37
Sexual foreplay with partner	40	41

*Lubricant use at most recent sexual event,
Women ages 18 years and older*

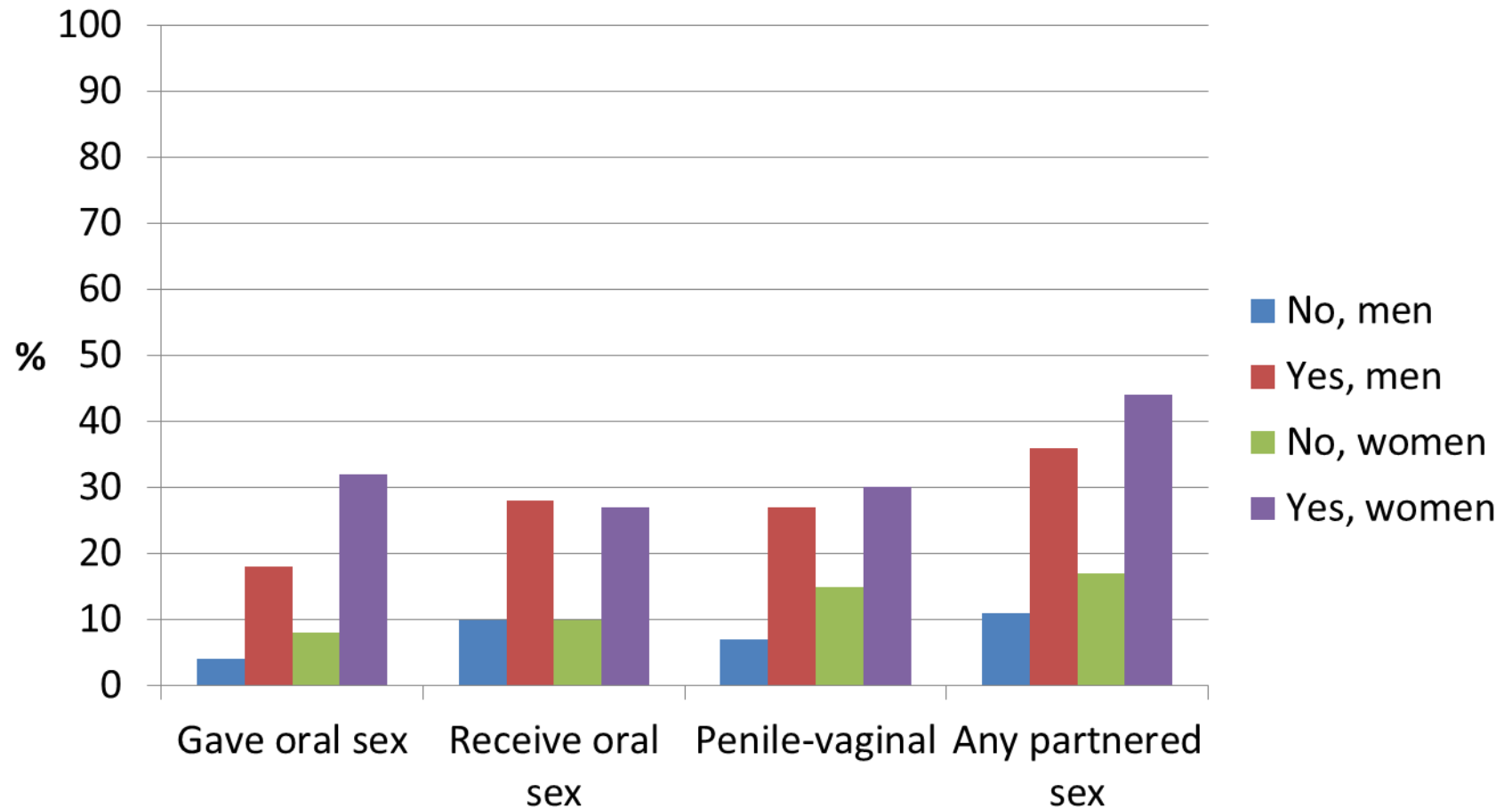
Lubricant Application site	Penile-Vaginal % (N=6,048)	Penile-Anal % (N=62)	Solo Masturbation % (N=2,136)
Participant genitals	59	61	41
Partner genitals	54	81	-
On fingers	53	60	64
On sex toy	9	27	45

Younger Women Become Older Women

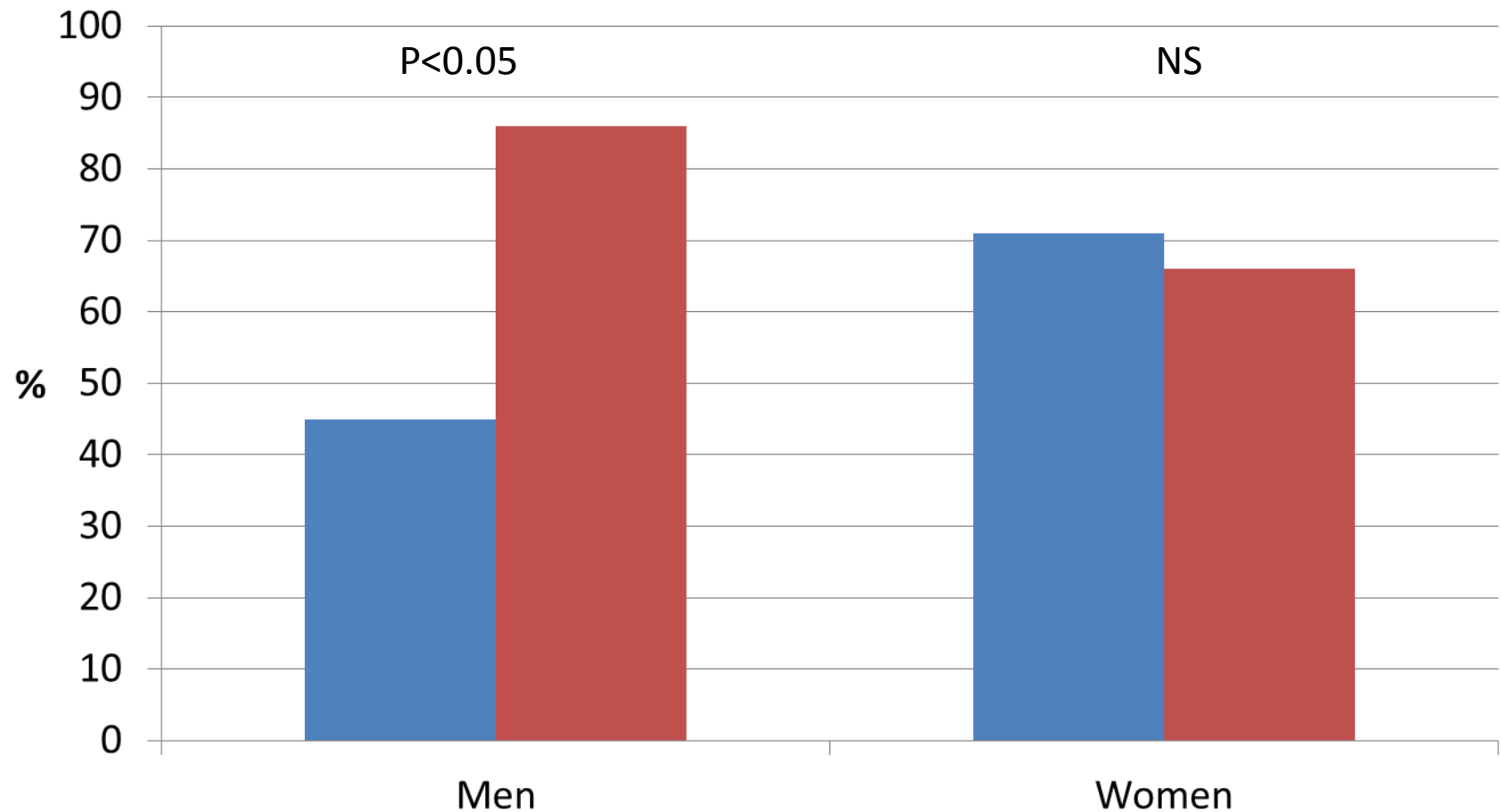
Sexual experiences over the lifespan



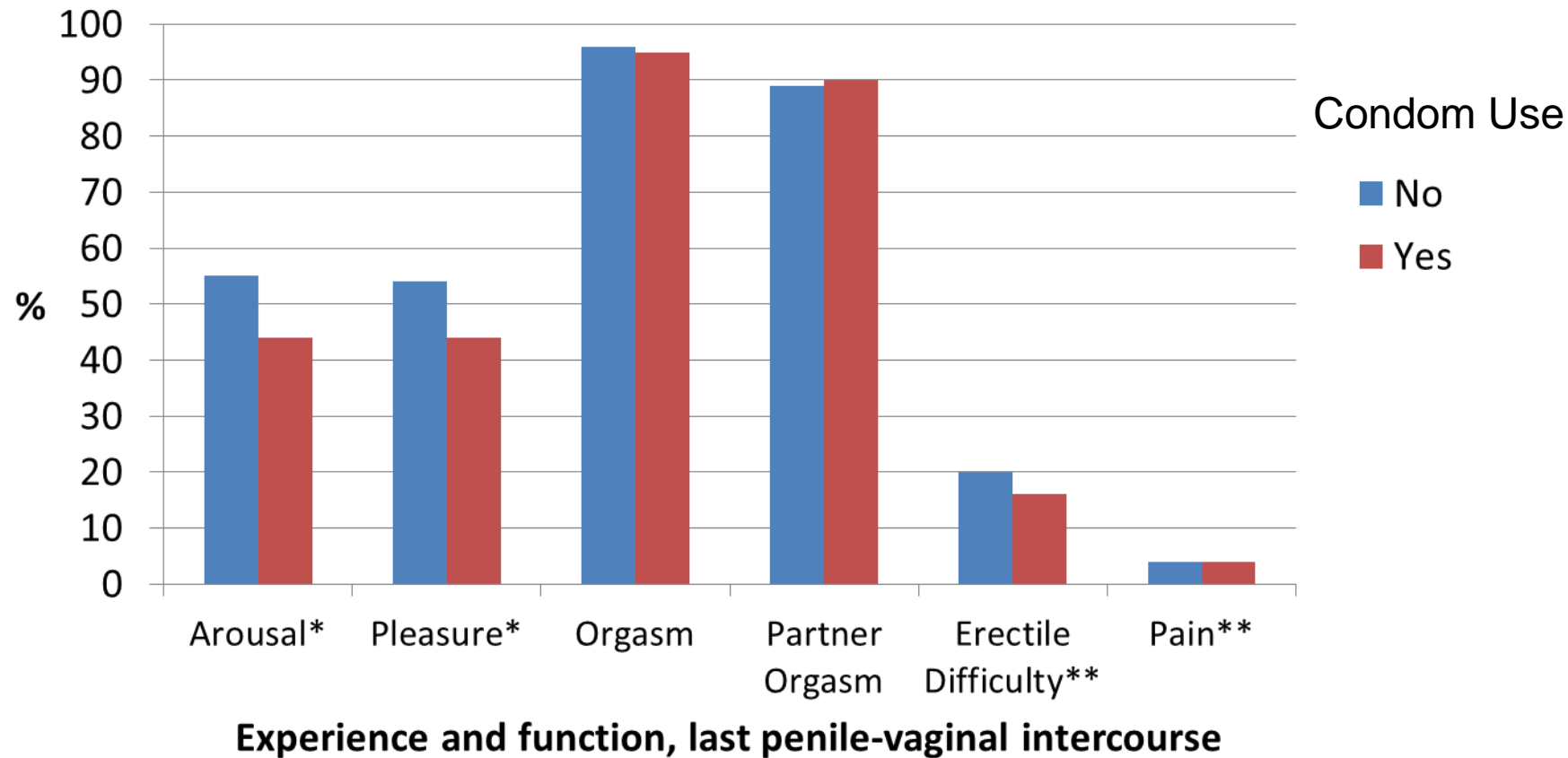
Masturbation and partnered sexual activity (past year), 14-17 year olds



Masturbation (past year) and condom use at last penile-vaginal sex, by gender



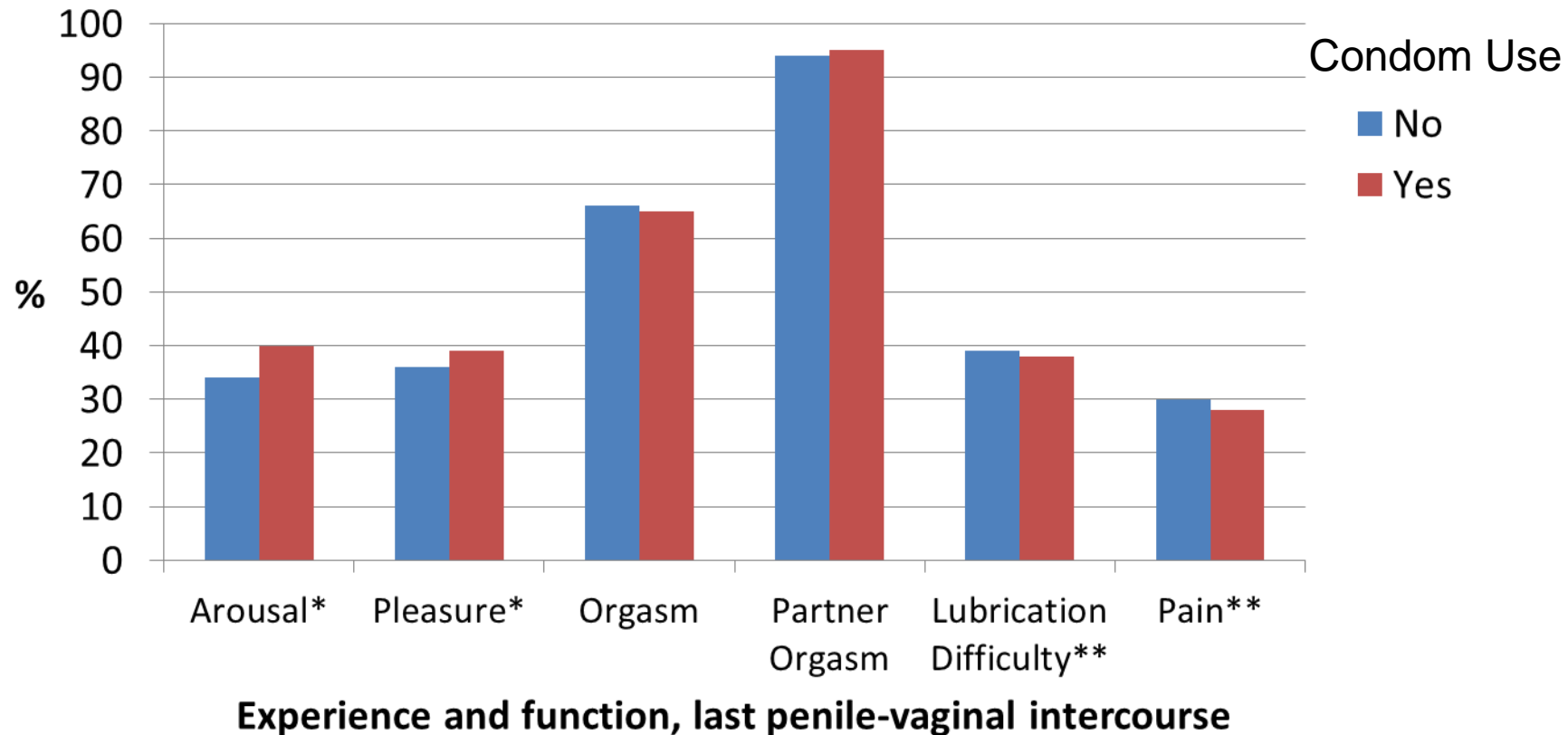
Sexual Experience and Function at last Penile-Vaginal Intercourse, by Condom Use – Men



*Most recent event “extremely”

** Most recent event “any”

Sexual Experience and Function at last Penile-Vaginal Intercourse, by Condom Use – Women



*Most recent event “extremely”

** Most recent event “any”

Clean-up

- Condom removal and disposal
- Withdrawal and the wet spot
- Washing and douching
- Post-exposure prophylaxis

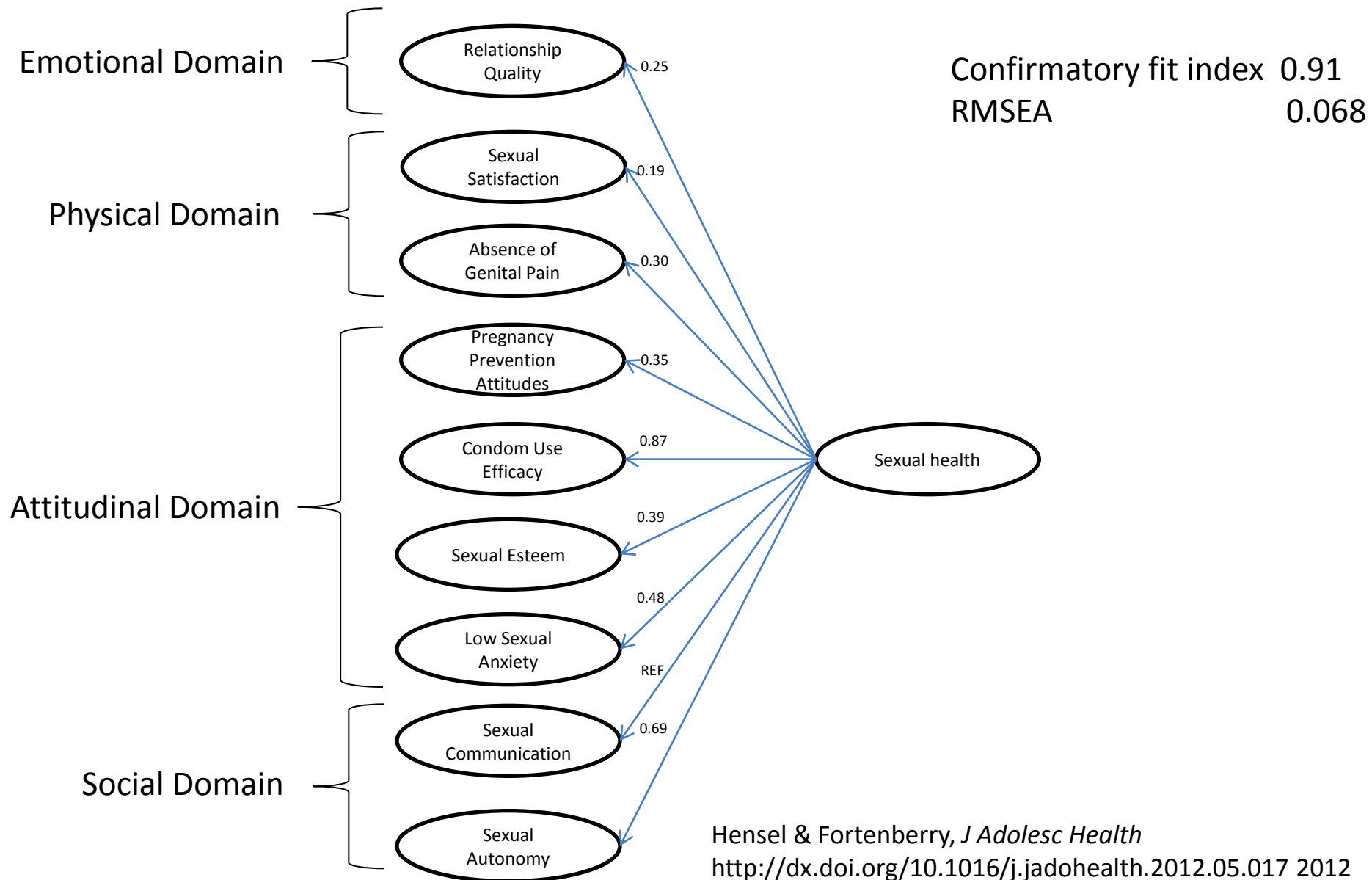
Cuddles

- After-sex as relationship maintenance
- Co-sleeping
- Seconds and dessert

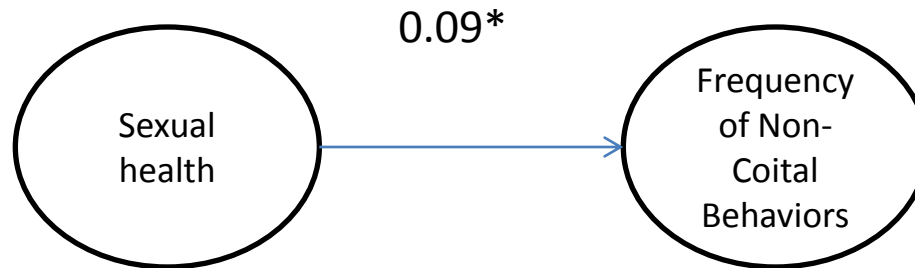
Importance of pre- and post-coital behaviors, by gender

	Talking		Kissing		Cuddling	
	Women	Men	Women	Men	Women	Men
Before	4.0	3.18	4.4	3.8	3.6	3.0
After	3.4	3.14	3.5	3.1	3.8	3.5

An empirical definition of sexual health – adolescent women

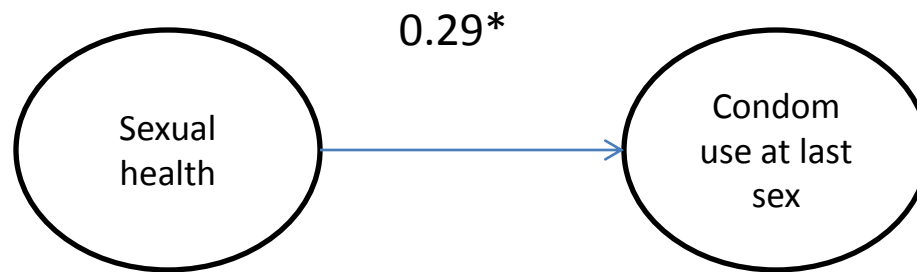


Sexual Health and Frequency of Partnered Non-Coital Behaviors



* $p < 0.05$

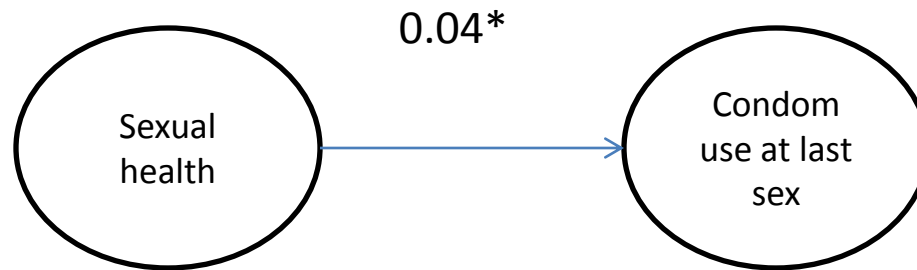
Sexual Health and Condom Use at Last Sex



CFI .902; RMSEA (90% CI) .057 (.053–.062).

* $p < 0.05$

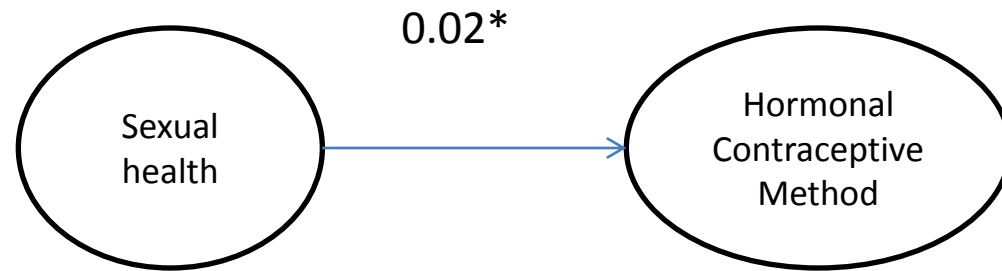
Sexual Health and Frequency of Condom Use



CFI .92; RMSEA (90% CI) .058 (.053–.064).

* $p < 0.05$

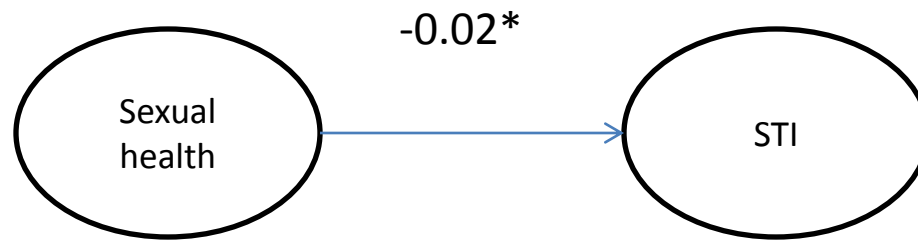
Sexual Health and Hormonal Contraceptive Method



CFI .90; RMSEA (90% CI) .056 (.050–.061)

* $p < 0.05$

Sexual Health and Sexually Transmitted Infection



CFI \approx .907; RMSEA (90% CI) \approx .058 (.054 – .068)

* = $p < 0.05$

STI = chlamydia, gonorrhea or trichomonas

Reflections on the meaning of sexual health for adolescents

